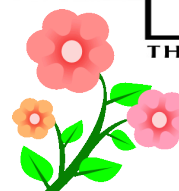




**May & June 2015**



# Therapeutic Programming For Individuals with Special Needs

## Pump it Up Fitness

Location: Norman Park Center  
270 F Street

#4105.391 Mondays, 3:30-5:00pm  
May 4, 11, 18 (5/25 Memorial Day)  
June 1, 8, 15



Ages: 15+  
\$27.00 Resident \$33.00 Non-Resident

Join us for some exercise and fitness! A chance to meet new friends and learn fun ways to get in shape. Workouts are designed for individuals with developmental and/or physical disabilities.

Instructor: Rec Staff

## Learn To Swim

Location: Parkway Pool  
385 Park Way

#7104.393 Tuesdays, 4:30-5:30pm  
May 5, 12, 19, 26  
June 2



Ages: 12+  
\$27.00 Resident \$33.00 Non-Resident

Learn to swim with our aquatics instructors! You must be water safe & be able to stand independently in 3-4ft water. Learn swim techniques and water safety skills. Designed for individuals with developmental disabilities. **MUST BE INDEPENDENT IN WATER!**

Instructor: Aquatic Staff

## Fun & Fit Boot Camp

Location: Heritage Community Center  
1381 E. Palomar Street

#1105.394 Thursdays, 4:30-5:30pm  
May 7, 14, 21, 28  
June 4, 11



Ages: 6+  
\$27.00 Resident \$33.00 Non-Resident

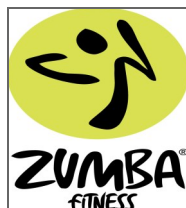
Join us for our version of Boot Camp. This class is designed to build strength and fitness through a variety of intense group intervals in a functional manner! Designed for those with developmental disabilities.

Instructor: Rec Staff

## Zumba

Location: Norman Park Center  
270 F Street

#4300.391 Wednesdays, 4:00-5:00pm  
May 6, 13, 20, 27



Ages: 6+  
\$27.00 Resident \$33.00 Non-Resident

Dance your way to a fitter you! Zumba is a fusion of Latin and International music creating a party-like atmosphere. Routines are aerobic. Come have fun and go at your own pace. Designed for those with developmental disabilities.

Instructor: Rec Staff

## Hoop it Up Basketball

Location: Heritage Community Center  
1381 E. Palomar Street

#4202.392 Fridays, 4:15-5:05pm  
May 8, 15, 22, 29  
June 5, 12



Ages: 6+  
\$27.00 Resident \$33.00 Non-Resident

This class concentrates on the fundamentals of basketball basics, hand-eye coordination and body strengthening. This class is for those with little or no basketball background. Designed for those with developmental disabilities.

Instructor: Rec Staff



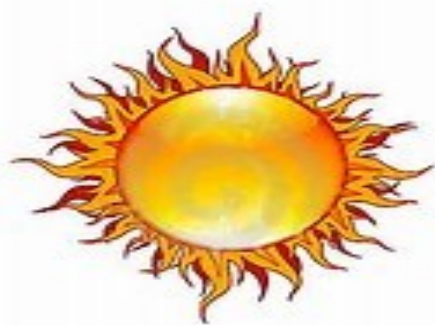
# Camp Sunrise

## "Fun and Fit"

**June 22-26, 2015**

**\$25.00 Resident / \$31.00 Non-Res**

**More Information Coming Soon...**



**\*Please register for our Classes & Camp in advance at any recreation facility or on our Recreation website:**

**[www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec)**

**Please call Heritage if you need any help with online registration.**

Contact: Carmel Wilson, CTRS, Recreation Supervisor III, [cwilson@chulavistaca.gov](mailto:cwilson@chulavistaca.gov) (619) 421-7032  
Heritage Park & Community Center, 1381 E. Palomar Street, Chula Vista, CA 91913

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